



THE WELL STREET JOURNAL

For School Administrators



Tom Horne
Superintendent of Public Instruction

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The Well Street Journal

is published bi-annually by the Arizona Department of Education. The Well Street Journal is a tool to update administrators, school nurses, and food service directors on current legislation and general health concerns, that effect the wellbeing of Arizona students.

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Gateway to Increased Academic Performance Coordinate Your School's Health Programs

No Child Left Behind (NCLB) is one of our nation's top priorities. Identifying educational barriers is crucial to accomplishing the goals of NCLB. Results of the 2007 Youth Risk Behavior Survey (YRBS) taken by Arizona high school students revealed some of the barriers, including: 63% have tried cigarette smoking, 44% had at least one drink of alcohol on one or more of the past 30 days, 44% have had sexual intercourse, 40% used marijuana one or more times in their life, 27% have been harassed or bullied in the last 12 months, and 17% have tried to commit suicide during the past 12 months.

In order to maximize educational opportunities a student must be both physically and mentally present. Despite all the external factors influencing a student's ability to learn, how does Arizona leave no child behind? Many of these barriers are not controlled by schools; however, student performance in school is affected. One of the proven systems of change to address these barriers with parents, schools, and the community is a coordinated school health program.

Thousands of local educational agencies (LEAs) throughout the nation have implemented a model called Coordinated

School Health (CSH) to improve student health and ultimately academic performance. The CSH model was developed by the National Centers for Disease Control and Prevention (CDC) with the basic principle of focusing on student health by linking together services already provided in schools such as health education, health services, nutrition services, physical education, staff wellness, mental health, healthy school environments, and family community involvement.

Just having health programs in schools is not enough. The key is coordination among the programs to provide the most complete student health services. Many of the school health programs and policies necessary to implement the CSH model are already in place and coordinating staff efforts will increase efficiency, quality of service and foster an environment of teamwork.

By decreasing duplication of efforts, schools save money. One way to officially implement the CSH model is to add this language in the LEA wellness policy.

Academic performance is improved through advancing student health programs and policies.

Students who are well fed, educated on risk behavior prevention (smoking, sex, drugs, violence), and provided with opportunities for physical and mental improvement will demonstrate less absenteeism, decreased disciplinary actions, and increased academic performance. Other benefits include improved staff morale and increased graduation rates.

Nationally, CSH has been recognized as a proven model by organizations such as the National Association of Secondary School Principals, the American Cancer Society, and the American School Health Association. It has also received regional recognition from such states as New Mexico, California, Nevada, and Colorado. The Arizona Department of Education (ADE) recognizes the importance of a student health centered model to address educational barriers and is dedicated to assisting LEAs with implementation. As a result, ADE partnered with the Steps to a Healthier Arizona (STEPS) Initiative and provided a CSH conference November 9, 2007 at the Tucson Convention Center. The conference provided information on how LEAs can implement CSH.

For more information, contact Lynn Ladd at 602-364-0461 or Lynn.Ladd@azed.gov.



Revised Arizona Nutrition Standards for Kindergarten - Grade 8

The first year of implementing the Arizona Nutrition Standards (ANS) in public schools with kindergarten through eighth grade has passed and the Arizona Department of Education (ADE) would like to thank all Local Educational Agencies (LEAs) for their dedication in making ANS a success.

Throughout the 2006/2007 school year, ADE received overall positive feedback from LEAs. However, a few concerns were addressed. The specific issues these districts focused on dealt with the implementation of ANS to a la carte items sold as part of the National School Lunch

Program (NSLP). The main arguments were:

- NSLP entrée standards contradicted federal guidelines
- The standards were too strict, creating a loss of revenue for schools
- Students and parents disagreed with the ANS NSLP entrée standards. The issue arose when an entrée item could be served as part of a reimbursable NSLP meal but could not be purchased individually as a la carte because the entrée does not meet the ANS.

Additionally, it was brought to ADE's attention that many fruits and vegetables do not meet

the minimum fiber requirement of 1 gram prohibiting schools from selling these items a la carte.

The goal of the ADE is to have nutrition standards that are reflective of the ARS 15-242 law, federal nutrition standards, and realistic for implementation. Therefore, a survey to all LEAs was distributed to assess the implementation concerns of the entire state. In tandem with the results of the ANS implementation survey and feedback from the field, ADE decided to incorporate minor adjustments to the standards.

With the support and approval of the School Nutrition Association of Arizona, ADE has made the following

changes to the ANS effective immediately:

- The total fat percent for entrees served as a part of the NSLP reimbursable meal is increased from 35% to 40% (all other food standards apply).
- Fruits and vegetables are now exempt from the fiber standard.

For more information regarding the modifications to the ANS please visit www.ade.az.gov/health-nutrition.



Don't Forget the High Schools

Are high schools left out of the healthy school environment wave that is hitting the nation along with Arizona? In May 2007, the Arizona Department of Education (ADE) released Voluntary Arizona Nutrition Standards (VANS) for high schools. While the VANS are optional for high schools, they were created based on the mandated Arizona Nutrition Standards (ANS). The ANS are for kindergarten through eighth grades and set nutrition standards for all foods and beverages sold outside of the National School Lunch and Breakfast Programs during the normal school day.

Several districts throughout the state have already implemented nutrition standards in their high schools; Gilbert Unified District,

Scottsdale Unified District, Humboldt Unified District, Flagstaff Unified District, and Phoenix Union High School District. Please join them along with many other districts and help improve the nutritional quality of foods and beverages sold in high schools.

The local wellness policies are a great way to implement positive changes in the school nutrition environment as they address nutrition education, physical education, and other school based activities designed to promote wellness. Adding the VANS into the district's local wellness policy will provide a more complete well rounded approach to a healthy school environment. To view the VANS, visit our website at www.ade.az.gov/health-safety.

Upcoming Events

Tools for Healthy Schools Conference
February 6, 2008,
Tempe, AZ
www.ade.az.gov/online-registration



School Nutrition Association of Arizona's (SNAAZ) Professional Growth Conference
February 7-8, 2008,
Flagstaff
Contact: Cathy Wylet
Phone: 602-375-7731
Email: wyletca@cox.net

School Nurse Professional Development Day
February 15, 2008,
Yuma
February 29, 2008,
Flagstaff
Contact: Diane Tasev
Phone: 602-542-4220
Email: diane.tasev@azed.gov

A+ School Lunch Workshop
February 6-7, 2008,
Phoenix
February 27-28, 2008,
Flagstaff
March 5-6, 2008,
Phoenix
www.ade.az.gov/online-registration

Cold and Flu Season Is Still Here

Part of the school nurse's role involves disease prevention activities that benefit the entire school community. In light of this, here are a few things to remember regarding this cold and flu season as you evaluate your students.

Body Temperature: Many parents and even nurses theorize that playing hard at recess and/or the desert heat can temporarily raise a person's body temperature. This is only true for reptiles or students who are actively experiencing heat stroke with the accompanying symptoms of vomiting, nausea, cessation of sweating, etc. Barring any neurological dysfunction or severe dehydration, the human body can control its core temperature during hot weather as well as activity.

Therefore, a body temperature of 100°F or more generally indicates an infectious and possibly

contagious disease process.

Standard and prudent practice for schools includes sending children home if an oral or tympanic temperature of 100°F or more is detected. These students must be afebrile or below 100°F for 24 hours before returning to school.

Strep Throat: Not all students with streptococci infections will have pus or white patches on their throat and/or tonsils nor will they necessarily have a fever. In addition, the quick tests are known for their false positives and negatives. Even when a culture is done the result is dependent on the expertise of the person taking the swab. Like so many things in life, there are no guarantees. Nevertheless, as the school nurse you are entitled and obligated to request medical evaluation and treatment if necessary when you suspect a streptococci

infection based on your assessment. Remember that we are not ever diagnosing the infection, but advising a course of action based on our nursing assessment.

Pertussis: Pertussis is an airborne pathogen. Up to 90% of persons coming into contact with an infected individual will contract the disease. Outbreaks of pertussis have been especially prevalent among adolescents in junior high and high schools in recent years.

Early pertussis symptoms are very similar to common colds and therefore dismissed. In the case of pertussis, illness tends to last for 100 days or more on average and often leads to pneumonia. Students with pertussis are likely to experience persistent coughing episodes that can lead to vomiting, hernias, and even broken ribs. Students may appear quite normal and

symptom-free in between coughing episodes.

Remember that the high pitched, whooping sounds usually identified with pertussis may be absent in adolescents or larger students.

Pertussis immunity derived from Dtap vaccination wanes within 5-10 years. It is important to monitor and encourage the Dtap booster.

For your convenience, links to immunization requirements, pertussis information, a flu shot finder, and other useful resources have been provided below.

Useful Links:

<http://www.flufacts.com/about/season.aspx>
<http://www.cdc.gov/flu/about/qa/flushot.htm>
<http://www.findaflushot.com/>
<http://www.cdc.gov/flu/>
<http://www.nasn.org/>
<http://www.azdhs.gov/phs/immun/pdf/child-schedule.pdf>

School Nurse CEU Opportunities

The Arizona Department of Education Health and Nutrition Services proudly presents the following training opportunities for school nurses, school health personnel, and others:

The First Annual School Nurse Professional Development Day

\$10, 6.5 CEU's

Friday, February 15, 2008,
Yuma

Friday, February 29, 2008,
Flagstaff

PRESENTERS:

Hazel Chandler
Maricopa County Asthma Coalition

Kelly Howell, RN, CDE
Diabetic Educator & School Nurse

Sharon McKenna, Sun Wise
Arizona Dept. of Health Services

Jennifer Ralston-King
Arizona Immunization Program

Manuela Rehm-Bowler
AZ Dept. of Environ. Quality

Traci D. Arney RN, MN,
CFNP, AE-C
Pediatric Asthma Program,
Banner Health

The Drug Impairment Training for Education Professionals (16 CEU's)

FREE, 16 CEU's for a two-day class

March 31- April 1, 2008,
Yuma

April 7-8, 2008,
Prescott

April 14-15, 2008,
Phoenix

May 7-8, 2008,
Chinle

This curriculum is set and presented by the Department of Public Safety

Day 1 includes topics such as Drugs in Society, Policy, Procedures, and Roles, Overview of Alcohol and Assessment Process.

Day 2 includes Eye Examinations, Vital Signs, Divided Attention Tests, Poly Drug, Drug Identification, and Contacting the Parents.

For further information, contact the Arizona School Nurse Coordinator Y. Diane Tasev, RN, BSN at (602) 542-4220 or Diane.tasev@azed.gov.

Healthy Bodies/Healthy Minds Initiative

Tom Horne, Arizona's Superintendent of Public Instruction, delivered his fifth annual State of Education speech on Tuesday, January 8, 2008. The speech was given at Phoenix Union High School Districts' Bio Science High School. Superintendent Horne and approximately 50 ADE employees walked two miles from the Department of Education downtown Phoenix building to the high school before the speech was delivered to illustrate the importance of daily physical activity.

One of the Superintendent's goals for 2008 is the Healthy Bodies/Healthy Minds Initiative. This program was created

to work towards combating childhood obesity and increasing physical activity among youth. The Healthy Bodies/Healthy Minds Initiative has two components: (1) increase the number of high schools who adopt Voluntary Arizona Nutrition Standards (VANS) by five schools and (2) increase the number of schools who implement additional physical activity for students both inside and outside of the school setting by ten schools.

Throughout the year, ADE will work with schools across the state to reach the goals of the Healthy Bodies/Healthy Minds Initiative. In the next few months, ADE will be identifying schools that are interested in

participating and begin meeting with them to develop and provide technical assistance as they implement these activities.

The success of these goals will be measured through an increase in the availability of nutritious foods to high school students and by the types of activities and number of minutes of physical activity students add to their daily routine.

To help serve as a role model, Superintendent Horne stated during his speech that he strives to lose 20 pounds over the next year by eating healthier and exercising more. Following the Superintendent's goal, ADE employees have pledged to lose over 1700

pounds over the next year.

For more information regarding the Healthy Bodies/Healthy Minds Initiative, contact Kacey Frey at (602) 542-8700 or kacey.frey@azed.gov.

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